

# The HUB

The Official Newsletter of American Fork City

## A Tribute to Military Veterans

Learn Why Veterans Day is So Important



Veterans Day, observed annually on November 11, is a tribute to military veterans who have served in the U.S. Armed Forces. Not to be confused with Memorial Day, which honors those who died while in service, Veterans Day honors all military veterans, including those still with us.

### HISTORY OF VETERANS DAY

Veterans Day, originally celebrated as Armistice Day, was first issued on November 11, 1919 by President Woodrow Wilson a year after the end of World War I. The purpose of Armistice day was to honor the fallen soldiers of The Great War for their sacrifice and bravery. 7 years later in 1926, Congress adopted a resolution requesting President Coolidge issue annual proclamations on November 11, making Armistice Day a legal holiday.

In 1945, World War II veteran Raymond Weeks had the idea to expand Armistice Day to celebrate all veterans rather than just the ones who died in World War I. He led a delegation to General Dwight Eisenhower, who was all for the idea. Weeks then conducted the first Veterans Day celebration in 1945 in Alabama and every year until his death in 1985. In 1982, he was honored by President Reagan with the Presidential Citizenship Medal. Weeks was also named the "Father of Veterans Day" by Elizabeth Dole.

Ed Rees, the U.S. Representative from Emporia, Kansas, presented a bill establishing the holiday through to congress. Eisenhower, who was now President and also from Kansas, signed the bill into law on May 26, 1954, 8

Continued on page 3

## In This Issue

Talk Shop With a Cop .....	2
Winter Fire Safety .....	2
Caregiver Conference .....	3
Citizens What to Know .....	3
Help for COVID-19 Stress .....	4
Communities That Care .....	4
Learning Center .....	4

## Office Numbers

Administration .....	801-763-3000
Public Works .....	801-763-3060
Library .....	801-763-3070
Fitness Center .....	801-763-3080
Senior Center .....	801-763-3090

## Non-Emergency

Police .....	801-763-3020
Fire & Rescue .....	801-763-3045

## On-Call / After-Hour

Water/Pressurized .....	801-404-1253
Sewer/Storm Drain .....	801-404-7167
Streets .....	801-404-1255
Garbage .....	801-924-8500
Street Lights .....	801-814-4311



**AMERICAN FORK**  
www.americanfork.gov



# Talk Shop With a Cop

## Reducing Impaired Driving During the Holiday Season

As we enter the holiday season, we would like to remind everyone to consider the impact of impaired driving. The impact of impaired driving can affect not only those who are involved in an accident, but also their entire families. Even when there is not an accident, the impact on an individual personally and financially can be significant.

The American Fork Police Department is committed to removing impaired drivers from the roadway. All the officers receive specialized training called Advanced Roadside Impaired Driving Enforcement, and many have been certified by the IACP as Drug Recognition Experts.

This has led to the detection and apprehension of an increased number of impaired drivers. The 3rd quarter of 2020 has seen a 138 % increase in arrests for DUI and arrests for impaired driving is at the highest level it has been for over three years. In 2020, the department has also seen a 200 % increase in drug-related DUIs, with the arrests in the 3rd quarter of 2020 showing the highest number of drug-related DUIs in the history of the police department.

This does not mean that we are seeing more impaired drivers, but it does indicate that the officers are becoming more proficient in detecting and apprehending impaired drivers. This leads to a safer community and safer roadways for everyone.

As people celebrate the holidays, they can work to keep the roadways safe by utilizing sober designated drivers, considering alternate methods of transportation like UBER, and consuming alcohol responsibly if they choose to drink.

You are encouraged to contact the police department if you have any questions; e-mails may be sent to [policetalkshop@americanfork.gov](mailto:policetalkshop@americanfork.gov) or [alunt@americanfork.gov](mailto:alunt@americanfork.gov). Depending on the number and type of questions received, your question may be answered via the city newsletter, e-mail, or phone call.

# Cold Weather is Coming

## AF Fire and Rescue Offers Tip on Winter Fire Safety

# FIRE SAFETY

During the winter months, we tend to spend more time at home with our family and loved ones. AF Fire wants to make sure you are safe in your homes during winter by following these tips.

### HAVE YOUR FURNACE CHECKED

We recommend hiring a professional to come and inspect your furnace annually. It is always better to know when something is not working properly than to have it abruptly break down in those cold winter months when you need heat the most.

### CHECK YOUR CHIMNEYS AND VENTS

Fireplaces produce creosote, which builds up over time and has the capability of igniting. If your family uses a fireplace often, you most likely need an annual chimney inspection to make sure there are no hazards capable of starting a fire. When burning wood, use dry seasoned wood, which produces more flame and less smoke.

### BEWARE OF CANDLES

Although candles can smell great and be relaxing, they can be easily knocked over by kids or pets. Only light candles when you are alert and able to watch them, blowing them out whenever you intend to leave the room.



### SMOKE & CARBON MONOXIDE ALARMS

You always want to double check that your smoke detector batteries are fresh and will last you through the winter. Always place smoke alarms in the kitchen, bedrooms, and the laundry room. It's also best practice to have a carbon monoxide detector on each level of your home.

### BEWARE OF SPACE HEATERS

These devices require a good amount of space to be used without creating any fire hazards. Just like fireplaces, children and pets should not sit closer than three feet in front of a space heater. Avoid placing heaters near curtains, tablecloths or flapping fabrics. Always make sure your space heater has an automatic shut off switch, which forces the heater to shut-off as soon as it reaches a dangerously high heat level.

American Fork Fire & Rescue wants to wish you all a safe and happy holiday season. If you have any questions regarding winter fire safety related items you can contact us at **801-763-3045**.



# A Tribute to Military Veterans

## Learn Why Veterans Day is So Important

Continued from page 1

and a half years after Raymond Weeks held the first Veteran's Day. A few weeks later, June 1, Congress amended the bill replacing "Armistice" with "Veterans." The National Veterans Award was also created in 1954, first received by Congressman Rees for his support in making Veterans Day a federal holiday. Though the holiday is currently and was originally celebrated on November 11, the day was moved to the fourth Monday of October in 1971 due to the Uniform Monday Holiday Act. However, only 7 years later in 1978, it was moved back to November 11.

### VETERANS DAY TRADITIONS

#### Give military-themed gifts

Most veterans prize the time spent serving their country and one of the best ways to honor that service is to present military-themed gifts like bottle openers (apparently a "thing" among vets,) wooden U.S. flags or specially-designed pens to the veterans in your life.

#### Check out Veterans Day restaurant deals

Big name restaurants are looking out for veterans-turned-foodies with Veterans Day deals on free dinners at Chili's, Applebee's, and all California Pizza Kitchens as well as breakfast specials at Golden Corral restaurants from 5-9 a.m.

#### Ship some cookies overseas

Remember your active service military friends and veterans' organizations overseas with a goodie bag of cookies by Operation



Cookies, a company owned and operated by veterans sending delicious, home-baked cookies to homesick military personnel stationed anywhere in the world.

### WHY VETERANS DAY IS IMPORTANT

It's a chance to thank people for risking their lives to defend America

An estimated 20 percent of Veterans of Iraq and Afghanistan suffer from post-traumatic stress disorder or major depression, according to government statistics, and you'd be surprised at how valuable it can be to veterans to feel valued by civilians for their service and sacrifice.

#### It's a chance to reflect on the importance of peace

While our military are often thought of in a war context, most veterans will tell you that they risked their lives to defend our fundamental freedoms, and that they value

peace much more highly than war. Very few who have seen the real horror of war are anxious to rush into it, and Veterans Day encourages all of us to reflect on the value of harmony in our daily interactions and lives.

### STATS ABOUT VETERANS DAY

- 19.6 million U.S. veterans
- There are currently nearly 20 million living U.S. veterans of wars such as World War II, Korea, Vietnam, Iraq and Afghanistan
- 1.9 million female veterans
- Women have served in combat arenas for only the last few decades
- There are fewer than half a million World War II veterans still living in the U.S. as of 2018

## American Fork Annual Caregiver Conference is Going Virtual

Are you a caregiver who is looking to better execute your responsibilities? Then join the 15th Annual Caregiver Conference virtually on Thursday, November 5 from 10 a.m. - 8 p.m. Tune in any time throughout the day for tools, tips and tricks to help caregivers. Topics will cover how to access resources in the community, avoiding common legal messes, dementia and Alzheimer's info, meditation for caregivers, and much more.

The conference is free but all attendees must register. To register and view the full schedule visit [mountainland.org/cgconference](https://mountainland.org/cgconference).



## Citizens Want to Know

Why do we seal roads that are relatively new? Well, an ounce of prevention is worth a pound of cure. Read more about it in our monthly Citizens Want to Know article where we cover roads this month.

To learn more about how the city allocates funds for road maintenance, visit [americanfork.gov/roads](https://americanfork.gov/roads)



## AF Communities That Care Seeks to Reduce Youth Substance Use

American Fork Communities That Care has secured a grant for \$100,000 to be used specifically for the reduction of youth substance use. Communities That Care will be implementing a new program called Guiding Good Choices, a course tailored to entire families, will be hosted at local venues throughout the year and made available to families in the community free of charge. The program aims to enhance individual life skills and substance use resiliency and each session runs approximately two hours in length.

**Session 1** creates opportunities for involvement and interaction in the family and rewarding children's participation in the family.

**Session 2** establishes clear family rules about substance use, monitoring the behavior of children, and disciplining children.

**Session 3** teaches children skills needed to resist peer influences to use drugs.



**Session 4** focuses on reducing and managing anger and family conflict.

**Session 5** focuses on expressing positive feelings and developing bonding.

The goal is to have this amazing program up and running in January of 2021. As always, the CTC coalition is constantly looking for volunteers hoping to make a difference in the lives of American Fork youth. Now is a great time to get involved! If you'd like more info on ways to be involved, email [afctc@americanfork.gov](mailto:afctc@americanfork.gov).

## Free Help for COVID-19 Related Stress

If you or someone you know is experiencing stress, anxiety or depression because COVID-19, The Utah Strong Recovery Project offers crisis counselors seven days a week, 7:00 am to 7:00 pm. All information is confidential and free of charge.

Services include emotional support, crisis counseling, coping strategies, mental health education, referrals if more help is needed.

Please call or text  
**385-386-2289**

For immediate response  
after hours, call  
**1-800-273-TALK (8255)**

## Learning Center at the American Fork Library

Fall Session #2 Reading and Math Tutoring  
October 20-December 17, 2020

Monday-Thursday  
3:00-5:30

30-45 minutes sessions  
2nd-12th Graders

ADULT ENGLISH CLASSES ON WEDNESDAY/THURSDAY 6:30-8:00PM

Call 801-492-3593 or email [learningcenter.aflibrary@gmail.com](mailto:learningcenter.aflibrary@gmail.com)  
to schedule/questions.

Safety measures will be observed.

**EARLIER MATH APPOINTMENTS OFFERED TUE/THUR  
FROM 1:30-3:30 FOR  
JR. HIGH AND HIGH SCHOOL STUDENTS.**